



WAYNE STATE

College of Education

Division of Academic Services

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Student Initials

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ADVISOR & DATE: _____ / _____ / _____
REV REV

Exercise and Sport Science Curriculum Guide

Degree: Bachelor of Science in Education

Major: Kinesiology

Concentration: Exercise & Sport Science

Kinesiology – Exercise and Sport Science Concentration

A major in Kinesiology with a concentration in Exercise and Sport Science is for self-directed students with a specialized background for professional work in the field of exercise and sport science and who may wish to pursue graduate studies in this area. This major is basic to careers in such fields as adult fitness, corporate fitness, exercise physiology, athletic training, cardiac rehabilitation, and recreation and leisure; and it is a prerequisite to the necessary post-graduate study or additional certification requirements of the field. Exercise and Sport Science is a non-teaching major. The program for Exercise and Sport Science consists of University General Education Requirements (Competency Requirements and Inquiry Requirements), College Requirements, and the Exercise and Sport Science Requirements.

Admission to Kinesiology – Exercise and Sport Science

Students are directly admitted to this program from high school or another institution of higher learning by completing an admission application to the University, selecting major: Kinesiology and concentration: Exercise and Sport Science on the admission application, and acceptance to Wayne State University.

If already admitted to Wayne State University in a different major, please go to <https://go.wayne.edu/apply-coeug> to declare Exercise and Sport Science.

Advising

Upon admission to WSU, you should meet with your assigned advisor in the Division of Academic Services to discuss the degree requirements. Please schedule an appointment online using the Advising Works System: <https://advisingworks.wayne.edu>. The Division of Academic Services also offers Open Advising each Tuesday from 9:00 am to 4:00 pm. in Room 489, Education Building. Students are seen on a first-come, first-served basis during Open Advising (no appointments are made on Tuesday).

Degree Requirements

A student must complete all University General Education requirements, all College and program requirements, and a minimum of 120 credits with a cumulative grade point average of 2.50 or higher to earn a bachelor's degree in the College of Education.

Important Restrictions

- **No grade below a “C” may be used to meet College Requirements, electives, courses in the major or courses in a College of Education minor. Note: All students must receive a “C” or higher in Basic and Intermediate Composition if these requirements are completed or transferred in Fall 2008 or thereafter. A grade of “C-” is not acceptable.**
- **Not more than 64 semester hours from a two-year school or schools will apply toward graduation.**

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University Competency Requirements

Competency Requirement	Course(s)	Alternate Ways to Meet Competency	Completed By	Done
Basic Composition (BC) (Grade of "C" or higher if completed or transferred in Fall 2008 or thereafter)	Choose one: ENG 1020, or ENG 1050	A, B	30 hours	
Intermediate Composition Post-2018 (ICN) (Grade of "C" or higher if completed or transferred in Fall 2008 or thereafter)	Choose one: AFS 2390, ENG 2390, ENG 3010, ENG 3020, or ENG 3050	A, B	60 hours	
Oral Communication (OC)	Choose one: COM 1010 or ENG 3060	A, B, C	60 hours	
Quantitative Experience (QE)	Choose one: BA 1200, BA 2300, FPC 1010, MAE 1000, MAT 1000, MAT 1050, MAT 1110, MAT 1120, MAT 1500, MAT 1800, MAT 2010, MAT 2020, MAT 2210, PS 1050, STA 1020, or THR 2651, PHI 1070	A, B, C, D	30 hours	

Alternative Ways to Meet Competency Requirements

A	Transfer Credit	Transfer credit received for successful completion of a comparable course completed with a grade of C or better at another college or university. Transfer equivalencies can be found at http://transfercredit.wayne.edu/ .
B	Advanced Placement (AP), College Level Examination Program (CLEP), or International Baccalaureate (IB)	There is no limit to the number of transferable credit hours that may be granted for any combination of AP, CLEP, and IB tests. For more information and to view score and credit equivalency charts please go to http://transfercredit.wayne.edu/ .
C	Wayne State University Exams	For more information about Competency and, Placement examinations, contact Testing & Evaluation and Research Services in the Student Center Building, Room 686, 313-577-3400, e-mail: testing@wayne.edu ; website: http://www.testing.wayne.edu .
D	National Standardized Test	Obtaining a score of 25 or better on the ACT math, a 580 or higher on the SAT math before March 2016 or a 600 or higher on the SAT math March 2016 or later. An official score report is required.

Michigan Transfer Agreement (MTA)

Students transferring to WSU with MTA in fall 2018 and beyond will have satisfied **all** of Wayne State General Education requirements. All college, program, major and minor requirements must also be completed (at least 120 credits) for students who fulfill the MTA requirements.

Your community college will provide detailed information, including approved courses, for completing the MTA. We recommend that you review our transfer plans and consult your community college advisor about fulfilling MTA requirements and how to request an MTA transcript evaluation.

University Group Requirements (Inquiry Courses)

Courses may only be used to satisfy one inquiry area even though some courses appear in several categories.

Where a choice among courses is possible to meet Competency Requirements, Group Requirements, and College Requirements, the College of Education recommends those courses that would also fulfill a requirement for a major, minor or elective in that subject. Group requirement for Natural Science Inquiry are not found on this page and are fulfilled by College Requirements listed on page 4.

Many Inquiry requirements can be met alternatively by items A and B on page 2.

Inquiry Requirement	Courses meeting inquiry requirements	Done
Natural Science Inquiry (NSI) (2 Courses Required)	Fulfilled by BIO 1510 <u>and</u> PSY 1010, or PSY 1020	See pg 4
Laboratory (NSIL)	Fulfilled by a Natural Science course if completed with the appropriate lab (including PSY 1010 if completed at WSU in or after Fall 1987) or another Natural Science course if completed with the appropriate lab.	See pg 4
Civic Literacy Inquiry (CIV)	Choose one: AFS 2210, AFS 3250, HIS 1050, HIS 1060, HIS 2050, PS 1000, PS 1010, PS 1030, PS 3080	
Social Inquiry (SI)	Choose one: AFS 1010, AFS 2210, AFS 3360, ANT 2100, ANT 3200, ANT 3410, ANT 3700, ASN 1700, ASN 1710, COM 2200, CRJ 1010, ECO 1000, ECO 2010, ECO 2020, HIS 2800, GPH 1100, GPH 2000, GPH 3130, GPH 3200, GSW 2700, HIS 1000, HIS 1050, HIS 1300, HIS 1400, HIS 1600, HIS 1610, HIS 1900, HIS 1910, HIS 1995, HIS 2000, HIS 2050, HIS 3250, HON 1000, LAS 3610, PH 3100, PS 1000, PS 1010, PS 1030, PS 2000, PS 2240, SOC 1010, SOC 1020, SOC 2203, SOC 2208, SOC 2209, SOC 2300, or SOC 2510	
Cultural Inquiry (CI)	Choose one: AFS 2010, AH 1000, AH 1110, AH 1120, AH 1130, ANT 2400, ANT 3100, CLA 1010, CLA 2000, CLA 2200, CLA 2300, CLA 3590, CLA 3720, COM 2010, COM 2020, COM 2160, COM 2500, DNC 2000, DNC 2310, ENG 2100, ENG 2110, ENG 2120, ENG 2210, ENG 2310, ENG 2420, ENG 2560, ENG 2570, ENG 2200, ENG 2430, ENG 2440, ENG 2445, ENG 2450, ENG 2470, ENG 2500, ENG 2565, ENG 2585, ENG 2510, ENG 2720, ENG 2800, FRE 2700, FRE 2991, GER 2700, GER 2991, GER 2310, GLS 2700, GSW 2500, HEB 3240, HIS 1800, HIS 1810, HON 4200, ITA 2710, ITA 2700, ITA 2720, ITA 3300, LAS 2100, LAS 2110, LIN 2720, MUH 1340, MUH 1345, MUH 1350, MUH 1351, MUH 1370, MUH 5340, NE 2010, NE 2060, PHI 1010, PHI 1020, PHI 1100, PHI 1110, PHI 1120, PHI 1130, PHI 1200, PHI 1500, PHI 2100, PHI 2110, PHI 2140, PHI 2320, PHI 2360, PHI 2400, PHI 2550, PHI 2650, PHI 3500, PHI 3550, PHI 3700, POL 3750, PS 3510, PS 3520, RUS 2700, RUS 2991, RUS 3600, RUS 3650, SLA 2310, SLA 3710, SPA 2700, THR 1010, or THR 1041	
Diversity Equity and Inclusion Inquiry (DEI)	Choose one: AFS 1010, AFS 2010, AFS 2210, AFS 2390, AFS 2600, AFS 3140, AFS 3150, AFS 3155, AFS 3170, AFS 3180, AH 3750, ANT 2020, ANT 3520, ANT 3530, ANT 3540, ANT 3560, APH 5860, ARM 3410, COM 4040, COM 4300, ENG 2530, ENG 2570, ENG 2390, GER 3410, GSW 2500, GSW 2600, GSW 2650, GSW 2700, GSW 2750, HIS 3240, HIS 3650, LAS 1420, LAS 1910, LAS 2100, LAS 2110, LAS 2420, MUH 1350, MUH 1351, MUH 3360, NE 3550, PHI 1100, PHI 1110, PHI 1500, PHI 2360, POL 3410, RUS 3410, SLA 3410, SOC 1020, SOC 2050, SOC 2300, SW 1010, THR 1030, or THR 5821	
Global Learning Inquiry (GLI)	Choose one: AFS 3250, AFS 3420, AFS 3610, AH 1130, AH 3470, ANT 2400, ANT 3100, ANT 3150, ANT 3200, ANT 3410, ANT 3520, ANT 3540, ANT 3550, ANT 3560, ANT 3700, ARM 3410, ASN 1710, COM 4040, COM 4300, CRJ 3900, DNC 2000, DNC 2400, ENG 2540, ENG 2670, ENG 2730, FRE 2710, FRE 2720, GER 2710, GER 2720, GER 3410, GKM 3710, GLS 2700, GPH 2700, HIS 1000, HIS 1400, HIS 1610, HIS 1800, HIS 1910, HIS 2440, HIS 2605, HIS 2800, HON 4260, ITA 2710, ITA 2720, JPN 4550, JPN 4560, LAS 2100, LAS 2420, LIN 2730, MUH 1340, MUH 1345, MUH 1370, MUH 5340, NE 2000, NE 2040, NE 3225, NE 3550, PHI 2150, PHI 2170, POL 2710, POL 3410, RUS 2710, RUS 3410, SLA 3410, SOC 2510, or THR 5751 -or- Complete one foreign language sequence through the third semester (Intermediate Level: 2010 or 2110)	

College Requirements for Kinesiology – Exercise and Sport Science Concentration

Required Courses	Credit	Done
PSY 1010: Introductory Psychology (4 cr.) (NSI) or PSY 1020: Elements of Psychology (3 cr.) (NSI)	4 or 3	
BIO 1510: Basic Life Mechanisms (NSI) Note: BIO 1510 requires completion of BIO 1050, or passing results on the Biology Placement Exam (prerequisite).	4	
BIO 2870: Anatomy & Physiology (with lab) Note: BIO 2870 requires completion of BIO 1510 (prerequisite).	5	

The Kinesiology major with Exercise and Sport Science concentration requires a total of 66 semester credits. Required courses total 45 semester credits. An additional 21 semester hours (minimum) are completed with approved elective courses.

Required Courses (45 semester credits):

Required Courses	Credit	Done
KIN 1991: Professional Perspectives in Kinesiology	3	
KIN 3400: Lifespan Growth & Development	3	
KIN 3540: Cultural Foundations of Kinesiology	3	
HE 2310: Dynamics of Personal Health	3	
HE 3440: Nutrition & Health Education (Prereq: HE 2310)	3	
Choose one of the following: PHY 1020: Conceptual Physics (NSI), or PHY 2130: General Physics (NSI), or PHY 2170: General Physics (NSI)	3	
LFA 2330: First Aid & CPR	3	
HE 3500: Human Disease	3	
KIN 5523: Physical Activity & Exercise Psychology (Prereq: IC, PSY 1010 or higher) or KIN 5520 Sports Psychology (Prereq: IC, PSY 1010 or higher)	3	
KIN 3550: Motor Learning & Control (Prereq: IC)	3	
KIN 3580: Biomechanics (Prereq: BIO 2870, KIN 1991, QE, minimum 2.50 cumulative GPA)	3	
KIN 6300: Exercise Physiology I (Prereq: BIO 2870, KIN 1991, QE, minimum 2.50 cumulative GPA)	3	
KIN 6100: Methods of Group Instruction (Prereq: KIN 6300) or KIN 6120: Strength and Conditioning (Prereq: KIN 6300, and KIN 3580, Junior/Senior Status or grad status only)	2-3	
KIN 6320: Fitness Assessment & Exercise Prescription (Prereq: BIO 2870, KIN 6300)	3	
KIN 5350: Exercise Science Internship (Prereqs: KIN 6320, LFA 2330)	4	
TOTAL REQUIRED	45	

Elective Courses (21 semester credits minimum)

Complete a minimum of 21 semester credits of electives related to the field of Exercise and Sport Science. The electives may include:

Kinesiology Elective Courses	Credits	Done
HE 3300: Health of the School Child	3	
HE 4340: Family and Reproductive Health	3	
HE 5220: Health Behavior Change (Prereq: IC, and PSY 1010 or higher)	3	
HE 5440: Mental Health and Substance Abuse (Prereq: HE 2310 or HE 3300, and IC)	3	
HE 5522: Health Psychology (Prereq: IC, and PSY 1010 or higher)	3	
KHS 6540: Workshops (6cr maximum)	1-6	
KIN 2560: Individual Problems in Kinesiology (Individually arranged with supervising faculty)	1-3	
KIN 5360: Senior Research Project (Junior or Senior status with supervising faculty)	4	
KIN 5400: Adapted Physical Activity (Prereq: KIN 5110)	3	
KIN 5410: Methods and Materials: Adapted Aquatics (Prereq: KIN 5400)	3	
KIN 5420: Disability and Sports (Prereq: KIN 5400)	3	
KIN 5425: Assessment in Adapted Physical Education (Junior or Senior status, KIN 5400)	3	
KIN 5520: Sport Psychology (Prereq: IC, and PSY 1010 or higher) or KIN 5523: Physical Activity & Exercise Psychology (Prereq: IC, and PSY 1010 or higher) <i>*Only the course not chosen in the major may be counted as an elective</i>	3	
KIN 5700: Sport Leadership	3	
KIN 6120: Strength and Conditioning (Prereq: KIN 6300, and KIN 3580) or KIN 6100: Methods of Group Instruction (Prereq: KIN 6300) <i>*Only the course not chosen in the major may be counted as an elective</i>	2-3	
KIN 6150: ECG Interpretation (Prereq: BIO 2870, and KIN 6300)	3	
KIN 6160: Pharmacology for the Physical Activity Professional (Prereq: Junior or Senior status, KIN 6300, and KIN 3580)	3	
KIN 6210: Physical Activity and Cognition (Prereq: KIN 5523)	3	
KIN 6310: Physiology of Exercise II (Prereq: BIO 2870, and KIN 6300)	3	
SAM 3010: Ethics in Sport	3	
SAM 3020: Sociology of Sport	3	
SAM 4020: Sport Governance (Prereq: SAM 2100)	3	
SAM 4030: Sport Finance (Prereq: SAM 2100)	3	
SAM 4040: Sport Communication (Prereq: SAM 2100)	3	
SAM 5510: Principles of Coaching (Prereq: SAM 2100)	3	
Other Elective Courses	Credits	Done
Lifestyle Fitness Activity (LFA) Courses (4cr maximum)	2-4	
Business Course (6cr maximum)		
BA 2020: Introduction to Business	3	
MKT 2300: Marketing Management (Prereq: ECO 2010)	3	
MGT 2530: Organizational Behavior (Prereq: PSY 1010 or 1020)	3	
EI 5000: Introduction to Entrepreneurship and Innovation	3	
PSL 5010: Individual Research I (Departmental permission required)	3	
Psychology (PSY) Course at the 2000+ level (4cr maximum)	3-4	
Sociology (SOC) Course (4cr maximum)	3-4	
Nutrition & Food Science (NFS) Course (9cr maximum)		
NFS 2030: Nutrition and Health	3	
NFS _____	3	
NFS _____	3	
Pre-Health Sciences admission requirements (21cr maximum) (Pre-Medicine, Pre-Nursing, Pre-Pharmacy, Pre-Physician Assistant Studies, Pre-Occupational Therapy, and Pre-Physical Therapy)	1-21	

Other Approved Elective Courses by advisor	Credits	Done
Credits Completed in a College of Education Approved Minor		
TOTAL ELECTIVE CREDITS	21+	

**Other courses may be approved as electives by advisor.
Some electives may require departmental approval.**

NOTE: Credits for declared minors outside the College of Education will not be counted as elective credit.

Minors

Students needing to complete 120 credit hours for the bachelor's degree beyond general education, college requirements, major requirements, and electives may complete a university minor. The college of education offers minors in the subjects below. Credits for declared minors outside of the College of Education will not be counted as elective credit.

Community Health (CH)

Required Courses	Credit	Done
HE 1010: Foundations of Health and Health Promotion	3	
HE 2320: Advancing Policy in CH Education	3	
HE 4010: Foundations of CH Program Planning (Prereq: HE 1010)	3	
HE 6501: Measurement and Evaluation in CH Education (Prereq: HE 4010)	3	
Elective courses totaling 6 credits		
Please go to http://coe.wayne.edu/kinesiology/health/community_health_minor.php for a complete list of electives.	6	
TOTAL REQUIRED	18	

Learning Design and Technology (LDT)

Required Courses	Credit	Done
LDT 3115: Instructional Design	3	
LDT 3125: Evaluation Techniques and Tools (Prereq/Coreq: LDT 3115)	3	
Select 4 of the 5 following courses		
LDT 3145: Interactive Course Design (Prereq/Coreq: LDT 3115)	3	
LDT 4145: Digital Games for Learning (Prereq/Coreq: LDT 3115)	3	
LDT 4155: Simulations for Learning (Prereq/Coreq: LDT 3115)	3	
LDT 4165: Digital Video for Learning (Prereq/Coreq: LDT 3115)	3	
LDT 4195: Emerging Technologies	3	
TOTAL REQUIRED	18	

Sport Management (SM)

Required Courses	Credit	Done
SAM 2100: Foundations of Sport Management	3	
SAM 3020: Sociology of Sport	3	
Choose one of the following courses		
SAM 2020: History of Sport	3	
SAM 3010: Ethics in Sport	3	
SAM 4020: Sport Governance (Prereq: SAM 2100)	3	
Elective courses totaling 9 credits		
Please go to http://coe.wayne.edu/kinesiology/sports-admin/sport_management_minor.php for a complete list of electives.	9	
TOTAL REQUIRED	18	

Honors Program

Students may pursue Departmental Honors in Kinesiology – Exercise and Sport Science Concentration. A minimum 3.30 cumulative GPA and additional coursework is required. For more information, please discuss with your academic advisor.

It is the student's responsibility to become familiar with and to complete all requirements for the program.

Undergraduate Student Exclusion Policy

The Kinesiology, Health, and Sports Studies (KHS) division of the College of Education values the student experience and endeavors to ensure that our students have the opportunities, tools, and support to succeed. Students are encouraged to seek assistance from their instructors, counselors or advisors.

The individual program areas in KHS review the academic records of each student at the close of every academic term. If sufficient academic progress, as described below and by program requirements, is not attained, a student may be considered for program exclusion, which will result in the cancellation of any future course enrollments in KHS and removal from the KHS program.

The following criteria will be used to determine exclusion for inadequate academic progress:

KHS Undergraduate students may be excluded if you:

- Have taken and earned below a C in a core/major course twice – no overrides will be granted for a third attempt.
- Fail to earn at least a 2.50 semester GPA in the term following the placement of an academic probation hold.
- Earned or maintained a cumulative GPA below a 2.50 for more than three academic semesters after completing 40+ credits at WSU.
- Violate the *Academic Integrity* policy pursuant to the Student Code of Conduct.

Note: The 2.50 cumulative GPA is required for College of Education undergraduate students and exceeds the minimum 2.0 cumulative GPA used by the University to determine academic probation. This policy applies to Level 2 students and students directly admitted to programs without the Level 1 and 2 distinction.